

FIT Count field recording form

version 7, 2025

A Flower-Insect Timed Count can be carried out at any time during the day from 1 April to 30 September, wherever a suitable target flower can be found, and when the weather is dry and warm:

- If sky is **clear** (less than half cloud) the minimum temperature for a count is **13°C**
- If sky is **cloudy** (half cloud or more) the minimum temperature for a count is **15°C**

1. About you (only needed if you have not yet registered on the PoMS website or app)

Your name: _____

- I am new to identifying wildlife
- I am familiar with identifying some wildlife (e.g. birds or butterflies) but not most pollinating insects
- I am familiar with recognising the main **groups** of pollinating insect
- I am confident in identifying the commonly-occurring pollinating insects **to species level**

2. Date and location of count

Date of count: _____

Location name: _____ (e.g. town/village, not full address)

Grid ref if known (or select from online map later): _____

Habitat (tick one box that is the best match):

- | | |
|--|---|
| <input type="checkbox"/> Garden | <input type="checkbox"/> Amenity grassland (usually mown short) |
| <input type="checkbox"/> School grounds | <input type="checkbox"/> Farm crops or grassy pastures |
| <input type="checkbox"/> Parkland with trees | <input type="checkbox"/> Upland moorland |
| <input type="checkbox"/> Churchyard | <input type="checkbox"/> Lowland heath |
| <input type="checkbox"/> Grassy verge or hedgerow edge | <input type="checkbox"/> Brownfield or other 'waste ground' |
| <input type="checkbox"/> Grassland with wild flowers (e.g. meadow) | <input type="checkbox"/> Woodland |
| <input type="checkbox"/> Other habitat type (please describe): _____ | |

3. Target flower (from the list on the left if possible)

Please use one of the 'target flowers' if you possibly can:

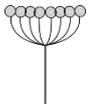
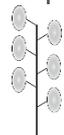
- Dandelion
- Buttercup
- White Dead-nettle
- Hawthorn
- Bramble/Blackberry
- Lavender (English)
- Common/Greater Knapweed
- Heather (*Calluna* or *Erica*)
- Hogweed
- White Clover
- Ragwort
- Thistle (*Carduus* or *Cirsium*)
- Buddleja
- Ivy

(or choose another insect-attracting flower if none of the above are available)

Which target flower have you chosen? _____

- Target flowers cover less than half of 50x50cm patch 
- Target flowers cover about half of patch 
- Target flowers cover more than half of patch 

Number of flowers in patch: _____

- I counted:
- individual flowers 
 - flower heads 
 - flower umbels 
 - flower spikes 

Is your 50 x 50 cm patch of target flowers:

- Growing in a larger patch of the same flower
- Growing in a larger patch of many different flowers
- More or less isolated

4. FIT Count

Once you are ready to start, check your timer so that you can record for exactly ten minutes. Please count **EVERY** insect that you see that is **SITTING** on or **LANDS** on one of your target **FLOWERS** (if you're not sure what type it is just add it to the "Other insects" category). Try to count each individual insect just once, and try not to lean over the flowers you are watching (this can cast shadows and prevent insects approaching).

Time of count start (use British Summer Time): _____

Insect group	Tally of number seen: = 7, etc.
Bumblebees	
Honeybees	
Solitary bees	
Wasps (including ichneumon wasps)	
Hoverflies (including 'non-typical' hoverflies)	
Other flies	
Butterflies and moths	
Beetles (larger than 3mm)	
Small insects (such as pollen beetles) less than 3mm long	
Other insects	

Do not count spiders or caterpillars, which are occasionally seen on flowers but are not regular pollinators.

5. Weather conditions

Sky above your location:

- All or mostly blue
- Half blue and half cloud
- All or mostly cloud

During the 10-minute count, was your 50×50cm patch:

- Entirely in sunshine
- Partly in sun and partly shaded
- Entirely shaded

Wind strength (for all plants in area, not just target flowers):

- Leaves still/moving occasionally
- Leaves moving gently all the time
- Leaves moving strongly

Don't forget to **take a photo** of your target flower species, and **add your counts** to the PoMS website (ukpoms.org.uk), or use the [FIT Count app](#). You can also add photos of *examples* of the insects you have seen, but this is optional (please don't take photos during the count as this may disturb the visiting insects).